

SAMPLE SIX-DAY

Colonoscopy Prep Guide

This plan is meant to be a guide, not medical advice. Always seek in-person medical advice and make medical decisions with your physician.

6**DAYS**

Before the Colonoscopy:

- ✓ **Read all preparation instructions**
 - Create meal plan of items you prefer
 - Make shopping list
 - Purchase groceries for meal plan
 - Acquire colonoscopy preparation products
- ✓ **Arrange a driver for your procedure**
- ✓ **Stop all medications containing aspirin and ibuprofen**

5**DAYS**

Before the Colonoscopy:

- ✓ **Acetaminophen is ok**
- ✓ **Determine meals for five days**
- ✓ **Stop supplements: Herbal, vitamins and oral iron supplements**

✓ **Start low-fiber diet meal plan** **Foods ALLOWED five days before the procedure:**

- White bread, pasta and noodles, white rice, potatoes without skin
- Canned or well-cooked vegetables without seeds or skin
- Canned fruit or fresh fruit without skin or membranes
- Tender meat, chicken or fish

Foods to AVOID five days before the procedure:

- Any food containing seeds, nuts or popcorn
- Raw vegetables with a skin, seeds, corn, broccoli, cabbage, dried beans or peas
- Whole grain bread or pasta, brown or wild rice, cereal such as oatmeal, shredded wheat and granola
- Fruit with skins
- Tough meat with gristle
- Fatty foods

Suggested Meal Plan:



4 days before colonoscopy:

- **Breakfast:** eggs, white toast, jam
- **Lunch:** turkey sandwich on white bread with avocados, baked potato chips
- **Dinner:** grilled chicken thighs, sautéed mushrooms, white rice cooked in mushroom broth

3 days before colonoscopy:

- **Breakfast:** Greek yogurt with bananas and honey topping
- **Lunch:** tuna with olive oil and lemon juice on sour dough bread, honeydew melon cubes
- **Dinner:** cedar plank wild salmon (no coloring), sautéed spinach with garlic, Israeli couscous

2 days before colonoscopy:

- **Breakfast:** half cantaloupe with Greek yogurt and honey topping
- **Lunch:** turkey sandwich on sour dough bread, honeydew melon cubes
- **Dinner:** Orecchiette



SAMPLE SIX-DAY: Colonoscopy Prep Guide *(continued)*

2**DAYS**

Before the Colonoscopy:

- ✓ **Confirm that you have a driver who will come with you to the appointment**
- ✓ **Complete all medical forms**
 - List all medications you are on
 - Find insurance cards
 - Prepare first and last names with address of all doctors you want to receive a copy of your procedure
- ✓ **Determine what you will be wearing**
 - Comfortable, loose fitting clothing
 - Tennis or flat shoes
 - Do not wear jewelry, watches or bring valuables

1**DAY**

Before the Colonoscopy:

- ✓ **No solid food or alcohol**
Liquids you MUST AVOID:
 - Milk, shakes, smoothies, dairy products
 - Juices: orange, grapefruit, prune (no red or purple juices)
Clear liquids you MAY CONSUME: (no red or purple flavors/colors)
 - Juice: apple, white grape
 - Sports drinks that replace electrolytes
 - Soda: ginger ale, orange, diet cola, cola
 - Coffee or tea (no cream)
 - Clear soup, beef broth, chicken broth, bouillon
- ✓ **Hydrate**
- ✓ **Medications**
 - Make sure you take the prescribed medications one hour prior to drinking prep solutions so they can absorb
- ✓ **Bowel Preparation**
 - Follow your bowel prep instructions for the prep your doctor prescribed.

Colonoscopy Day

- ✓ **No food or liquid three hours before your scheduled procedure time**
- ✓ **You may take your morning medications with a small sip of water (i.e. blood pressure med) with the exception of medications listed on this page.**
- ✓ **Your driver must take you to check in to your appointment and must give you a ride home**
 - Arrive - 30 minutes before your appointment time to check-in
 - Procedure
 - Scheduled to release



The Colon Cancer Alliance's mission is to knock colon cancer out of the top three cancer killers. We are doing this by championing prevention, funding cutting-edge research and providing the highest quality patient support services. Read more information about the Colon Cancer Alliance at ccalliance.org.

This document was adapted from Kaiser Colonoscopy Instructions.